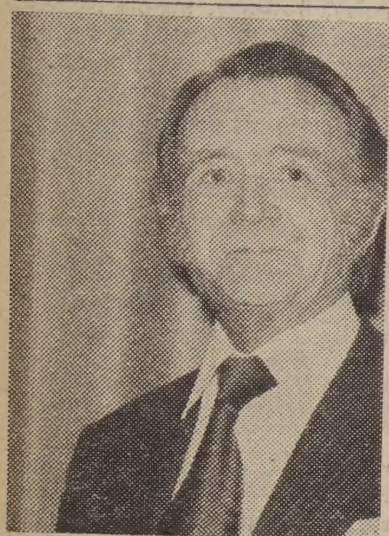


New hope for parents on birth defects



Knighthood for SOS Chairman

JOHN MILLS, Chairman of the Stars Organisation for Spastics, received a knighthood in Sir Harold Wilson's retirement Honours List.

Sir John, well-known both as an actor and director, has been a member of the SOS from the very early days and is one of its hardest-working fund raisers. He was elected Chairman in November 1975 to serve for a three-year term of office.

Other SOS members to be honoured in Sir Harold's list are Stanley Baker, who also receives a knighthood, and Mike Yarwood, with an OBE.

RESEARCH into birth defects still has a long way to go, Professor Paul Polani, FRS, revealed at a medical Press conference held by the Society at Guy's Hospital, London, on June 2. In Britain one in every 30 babies born suffers from serious abnormality. 'This is just the tip of the iceberg in human foetal defects. The heartache of parents, and disturbance to families and society cannot be computed.'

Professor Polani heads the Paediatric Research Unit founded at the hospital by The Spastics Society to study the biological background and causes of congenital handicap. The Society has contributed nearly £3m to the Unit which was unique in Britain when it was started 16 years ago, and is now one of the world's leading centres in this field of paediatrics.

He said: 'The Unit has two sides—one is direct research and the other is the application of research. What we discover today that is useful and safe we can apply tomorrow. Prevention is the Unit's work and it's not a mean matter.'

Every year some 1,500 children are born with cerebral palsy, one in 400 is handicapped.

Turn to Page 3

WITH LOVE FROM LADY WILSON



Death of Mr H. W. Palmer a great loss to Society

THE Spastics Society has lost one of its most devoted voluntary workers with the death on Sunday, May 23, of Mr H. W. Palmer, CBE, B.Com, a former Vice Chairman, and a member of the Executive Council for 10 years.

He was 68, and leaves a wife, four children and six grandchildren.

Though Mr Palmer was obliged for health reasons to resign in 1974 as Vice Chairman — he had held the office for five years — and Executive Council member, the Society was fortunate that he carried on his work for the cause of spastics by serving on some of the Society's major committees. He was involved in some of the Society's most important decisions, and his wide experience, business knowledge,



Mr Palmer

Cont. on Page 9

Youthful aid for Society

MODERN youth comes in for much criticism, but The Spastics Society finds that some of its best friends are schoolchildren. Pupils of Archibald Junior School in Middlesbrough, for instance, have presented £350 to Cleveland Spastics Society—the proceeds of a sponsored run, a jumble sale, the saving of pennies during Lent and a collection of trading stamps.

Abbey Hey Junior School has raised £1,100 for the Greater Manchester Spastic Society during the past three years. The latest instalment, the £579 proceeds of a sponsored spell, was accepted on behalf of the Society by Manchester City footballers, Joe Corrigan and Gerard Keegan.

Pupils of Comberton Village College, near Cambridge, set out to raise £150 so that five children from the Society's Meldreth Manor School could go to Llanlivery Field Study Centre in Cornwall. They held an auction and a jumble sale and ended up by raising £615. The extra money will go towards the completion of Meldreth's Adventure Playground.

Another record for Croydon

CROYDON, Sutton and District Spastics Society has raised a magnificent £6,700 with its annual house-to-house collection—breaking last year's record by £500. More than 1,000 voluntary collectors took part in the door knock and, said John Eve, the group's press officer, 'We like to think they offer their services because they can see the very real benefits we provide at our two centres.'

IMPISH Neill Cadmore did not need to bother with an autograph book when he met Lady Wilson at the Society's sixth annual literary contest prize-giving. And Lady Wilson, wife of the former Premier, was only too happy to sign very simply 'With love, Mary Wilson.' More pictures of the prize-giving on back page.

A NEW group, affiliated to The Spastics Society, has been formed in Wirral and Ellesmere Port, Cheshire. There are about 35 founder members who aim particularly to help spastic school-leavers.

Little John - the very special wedding guest

WHEN Sara Harte was married in Northampton the most important guest on the bride's side of the church was eight-year-old spastic boy John Allison. John is the bride's foster brother.

Eight years ago the Hartes made a momentous decision in agreeing to become foster parents to John. Caring for this severely handicapped little boy who can neither walk, talk nor do anything for himself became very much a family affair.

In addition to Mr and Mrs Harte there was elder daughter Jane (who 'found' John), younger daughter Sara and son Patrick. All played a part in caring for and loving John and, as far as the new member of the family was concerned, all had their particular jobs to do for him.

Patrick would play with him, Mum and Jane would do exercises for John, Daddy was



favourite to put him to bed and John always liked Sara to feed him.

Some things have changed at the Harte home. John is now at the Society's Hawksworth Hall School, Patrick is studying at University and newlywed Sara living in Birmingham. But one thing is certain. When all the family is together

again at holiday times, Daddy will put John to bed, Jane will wash and dress him, Mummy will get on her hands and knees to try and get those spastic limbs moving, Patrick will play dive-bombers in the bath and Sara will be giving John his meals.

And that, for John, is happiness.

PICTURE shows, left to right, Cyril Harte, John's foster-father, Sara the bride, bridegroom Dermot Moyland, Mrs Betty Harte, John Allison, held by Patrick Harte and the bride's grandparents.

Picture by courtesy of Jonathan Roan Photography.

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If at first you don't succeed...

PAUL MASSEY, aged seven, of Aldershot, Hampshire, has achieved sporting success in record time.

He longed to be a cricketer like his father and elder brother, Simon, 14, but he was born with poor sight and a spastic left hand. He hoped that he would be able to hold a cricket bat after a third operation on his left hand last summer, but the operation was a failure.

Bitterly disappointed, he decided to take up swimming, and within two months had taught himself to swim a length. Here was a sport in which he could compete on equal terms with the rest of his family. And now he intends to ride a bicycle.

Paul is pictured taking exercises with his mother, Mrs Margery Massey.

Picture by courtesy of Aldershot Weekend News.

Two seek girl pen-friends

MR PAUL SHEVLIN, aged 26, of Felixstowe, Suffolk, would like a female pen-friend of around the same age.

He is disabled down one side, which means that he walks with a limp and has little use in his left hand. However, he is able to work a machine in a factory, go dancing, play darts and lead a fairly normal life.

Please write to him at 55 Wadgate Road, Felixstowe, Suffolk.

MR MALCOLM DIPPLE, of 32 Shipton Way, Basingstoke RG22 6JX, Hampshire, would like a female pen friend who lives in the same county.

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World-wide controversy over that word 'spastic'

SINCE we published the controversial 'When is a spastic not a spastic?' on the use of THAT WORD — whether it should be a noun or adjective or dropped altogether, letters have been pouring in, supporting or criticising writer Anne Plummer's views. The Editor had declared the correspondence closed but because of the time-lag before overseas readers get Spastics News we thought it was only fair that foreign correspondents should be allowed to have their say. Letters have been received from as far away as Australia, India, and South Africa, but we will let a language expert from Kansas represent them all.

I HAVE three strikes against me at the onset of this letter; if the game was baseball, I would be 'out' before I start. My 'strikes' are: (1) I am for the use of the term 'spastic' as only an adjective; (2) I am able bodied; however, I find that a clumsy term, and feel that it does little to describe me; and (3) I do object to labelling you, or anyone else with cerebral palsy, as a spastic. I would be more interested in meeting Anne Plummer, the reporter, to respond first hand to your request for other people's feelings about the term. I would not be as interested in talking

to Anne Plummer, the spastic, about your request. I, too, agree with you that 'spastic' is a depersonalising label.

I am a speech pathologist and university teacher with many years experience in the area of cerebral palsy. I feel strongly that people tend to become what other people think they are. Even labels with apparent positive values such as 'singer,' 'athlete,' 'actor,' etc (note that these are nouns) cause many people to come to resent being known only for a thing that they do, not who they are. They would rather be known for themselves.

The young people that I know who have adapted best to having cerebral palsy do not equate themselves with that condition. They would rather, I think, have the disorder than be one. I have a visual problem of nearsightedness; I guess the labelling procedure could be extended, and I could be a myopic, and I could divide the world into the myopics and other assorted visual syndromes and separate us intellectually from able-sighted people. Somehow, I know that I wouldn't like that.

I believe that one can have spasticity; one can have athetosis, or tremors, or have spastic limbs, athetoid movements, or what-have-you. I also believe that those people with those disorders will integrate more easily in society if they consider—and are considered by others—to simply have these disorders rather

than be the disorders. I think that society moves much more easily to accept and to pave the way for handicapped persons when these people are stressing how much like other people they are—not how different. Ramps, special heights, spaces, parking, and other modifications come to pass when people needing special adaptations demonstrate how much their overall needs equate with all people. I see nothing sacred in the terms 'spastic' or 'cerebral palsy,' or any other term denoting a physical disability. I would disagree violently that the term is worth 'millions of pounds in fund-raising . . .', and would submit to you that the organisations and people who are giving and working are intending to be helping people with disability, not a 'term' or 'label.'

Am I sounding too critical?

I do not intend to do so. I do feel strongly that young people should have the opportunity to grow up in such a way that he could feel that he was a real member of the species of 'people,' and not something quite different which separates him from that group. I have friends with cerebral palsy who concur with me completely. I have some others who disagree.

As you know, we tend toward the term 'cerebral palsy' in this country, rather than spastic. That gives us a peculiar problem in 'labelling,' but our 'labellers' have overcome the problem. We cannot say that a person is a cerebral palsy; however, people do say 'He is a CP,' or 'I am a CP.'

As you would guess, I object. Ronald D. Chambers, Department of Logopedics, Wichita State University, Wichita, Kansas.

Our (unrepentant) writer replies...

IF you are a regular reader you will have noticed from the letters published following my article that support came mainly from cerebral palsied people, and those disagreeing with me were mostly non-handicapped. (You see, it is difficult to avoid labels.) However, I did hear from a sociologist in South Africa saying much the same as you have written. These two letters made me think that people outside Britain probably do not realise how 'spastic' has become part of our everyday language. It is almost a household word, as we say.

This fact is probably due to our fund-raising methods. I do not know how the American cerebral palsy associations raise money. Perhaps they are supported by big business corporations whose executives are well educated in the clinical aspects of cerebral palsy. The Spastics Society depends mainly on thousands of small donations from ordinary working people. These come to us chiefly through the Spastics Pool, a nation-wide football pool organised on our behalf by Top Ten Promotions of Bristol. It is probably true to say that most people in Britain hear of our work through being members of the Pool.

I think that whether a family pays its ten pence a week to 'The Spastics' or 'The CP Association' it will not make any difference in its attitude to young Johnny down the road who walks a bit funny. These people are intending to help people with disability but the word 'spastic' in Britain at least, is a convenient way of identifying that disability to those who have neither the time nor inclination to study all the clinical aspects.

Perhaps you think I am placing too much stress on fund-raising, but believe me, The Spastics Society could not exist without voluntary financial support. The Society and its local groups together run 170 schools and centres for cerebral palsied people. None of these could keep going without donations from a generous public, and most of the people who wrote agreeing with my views appreciated that it was more important to get the money in than to worry about 'labels.'

In any case, even if you don't use the word 'spastic' you've got to have a label of

some kind, or what would be the point of an organisation such as ours? Personally, I have reservations about the term 'cerebral palsy.' In the first place it is very difficult for a person with a speech defect to pronounce (as a speech pathologist you will appreciate this). Also, as one of our disabled correspondents pointed out, 'cerebral' being associated with the brain, immediately indicates mental handicap to the uninitiated, while the word 'palsy' has unfortunate Biblical connotations.

I do not like your shortened version, CP, at all. 'Seepy' to me suggest incontinence and running, open sores—most unpleasant!

I agree with you up to a point that people tend to become what other people think they are, but I don't think that labels make a bit of difference to people's fundamental attitudes. I have found from personal experience that those who shout loudest about 'labels' and the importance of integration tend to be the most patronising in face-to-face encounters. They try to cover up their own inadequacies in a mass of sociological jargon.

For the sake of convenience I sometimes refer to myself as 'a spastic,' but I am sure my friends don't regard me primarily as such. To them I am just Anne, an individual personality who happens to show athetoid symptoms from time to time. But I am so lightly handicapped that perhaps it is unfair to speak solely from personal experience.

ANN PLUMMER

Switch on new radio with puff or press for handicapped

A PNEUMATICALLY or one switch controlled radio is now being developed for people who are physically disabled, or have difficulty in operating normal radio controls. The radio receiver receives VHF broadcasts and the user can select six pre-tuned VHF stations (turntable to suit the locality) and adjust the volume level.

To operate the radio the user puffs or presses the micro-switch the required number of times until he reaches the station. Thus to select Radio 2 the user would press the

switch or puff four times, and then after a short delay (which can be reduced as the user becomes more proficient) the programme would be heard. To decrease the volume level one would press the switch twice, and, after the delay, the volume would begin to decrease slowly, when it reaches the desired level another press of the switch and that level is retained. To increase the volume three puffs or pressures of the switch, a delay, and the volume will increase in the same way.

The radio will operate from the mains on its own, or can be connected to a Possum control when the same mouth-piece will change the channel.

The radio is fitted with a complete and simple visual display of operation, but as each station and control is selected by counting, it can easily be operated by a blind person. Where a pneumatic control is fitted a button is provided to enable other people to control the radio in the same manner. The total cost of the control and receiver is hoped to be about £50.

Any disabled person interested in the possible purchase of the radio should, in the first instance, contact the Welfare Officer, The Possum Users Association, Mr Ken Winter, 14 Greenvale Drive, Timsbury, Bath BA3 1HP.

EAGER footsloggers set out on a sponsored walk around a five-mile circuit of Snelsmore Common, Newbury, Berkshire, in aid of The Spastics Society's Chiltern House family help unit in Oxfordshire.

Also taking part in wheelchairs were Mandy Poynter (left) and Lesley Blaze, both members of the local PHAB club, for physically handicapped and able-bodied young people. The girls are students at the Newbury College of Further Education and Lesley also attends the Ormonde Centre for the physically handicapped, attached to the college and used as an assessment centre.

The sponsored walk raised more than £400.

Picture by courtesy of Newbury Weekly News.

They won awards at sports meet

DENISE GODDARD and Maxine Wilson, both residents of the Society's Southampton Hostel, won awards in the regional games for disabled people at Stoke Mandeville Hospital.

Denise was a member of the 240-metre relay team which won a gold medal. She also struck gold in the 60 metres run, and gained a certificate for third place in the 60 metres floor walk.

Maxine won a gold medal in the 60 metres wheelchair dash and a certificate for second place in the shot.

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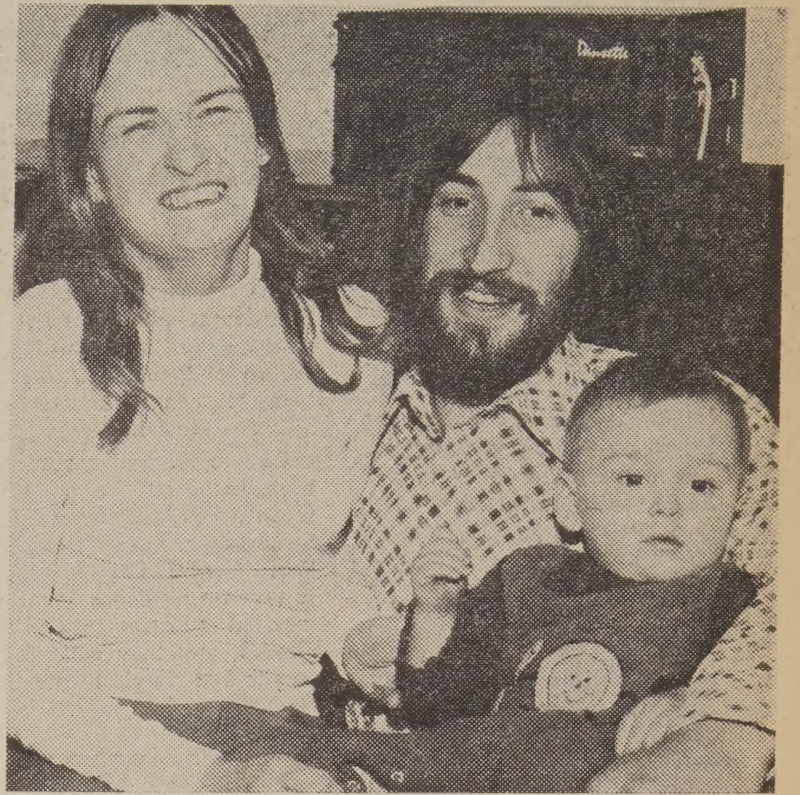
Happy families weekend for couples who dared to have children



Doreen and David Edwards with Spencer.



Sue and Bob Jamieson and Mark.



Lee, Ken Reeves and Paul.

Handicapped parents have special problems — but no regrets

WAITING for a first baby is usually a time of great happiness and hope, but is it the same when you are physically handicapped? Four disabled couples who are now parents met to talk over their experiences at a special residential weekend — with their young and lively children—at the Society's Family Services and Assessment Centre, Fitzroy Square, London.

They spoke of the reactions of 'surprise,'

'foreboding,' 'horror' and 'disgust' from some parents, friends and professionals at the news that they were expecting a child. One grandmother-to-be had been so incensed at what she felt was the prospective parents' selfishness that she had kept her distance ever since the child's birth.

One mother said: 'Everyone kept asking us how we were going to cope? All I could say was that "I didn't know but I was going to try".' They all found this was a common

problem. 'We were asked how we were going to manage, without being given any particular guidance as to how to do it,' said another. One couple pointed out that when you are handicapped you are much more adaptable than the able-bodied simply because you have to be. Although one parent felt that their baby had given 'meaning to their life,' all were agreed on one thing — when you are handicapped, one child is quite enough.

The couples spoke of feelings of isolation, and the general lack of good 'back-up'

services. Isolation, partly due to the extra time it takes to care for a baby or toddler which does not leave much spare for getting out and about; lack of good 'back-up' services, mainly by the local authority Social Services departments. Other common difficulties discussed were ways in which rather slow moving parents can cope with the amazing agility and mobility of toddlers whose fearless curiosity makes them unaware of hazards, ways in which grandparents and friends can help, and the children helped to understand the physical limitations of their parents. They also speculated on extending this understanding to enable the children to cope with the inquiries of friends and schoolmates later in life. Easy answers to these difficult questions are not readily apparent, but the exchange of ideas and the support of meeting others facing the same problems was obviously helpful.

Common to all the parents was the strong concern to provide the best possible way of life for their children. The responsibility to do this weighs heavily, but is not one from which any of them wish to shrink. It is their very reason-



Gwen and Alan Storrow with Davina

able plea that they can combine with their families, friends and professional helpers in an atmosphere of mutual co-operation, but full recognition of their parental rights, to determine the care and quality of their children's lives.

Equally they emphasised the rather special responsibilities of all handicapped parents to consider as deeply as possible whether or not to have children in the first place, and they recognised how important it is for them to be aware of a

child's particular needs and rights in life and of their own abilities to provide them.

The weekend was arranged by Ruth Nixon and Jane Thomson, social workers for The Spastics Society. A play group was arranged for the children, Spencer, 16 months, Davina, aged two, Paul, one year, and Mark, six months, and run by Diana Ewart, a secretary for the Society, and her husband, leaving the parents free for discussion during their stay.



New hope for parents on birth defects

Cont. from Page 1

capped by spina bifida and anencephaly and Down's Syndrome (Mongolism) accounts for a third of all children born with mental subnormality.

Professor Polani pointed out: 'When disease was rife in developed countries nobody gave a thought to the genetic causes of handicap. Now tuberculosis and smallpox and so on have been removed as causes of widespread death, we can look at this factor.'

He added, 'Nature has its own screening process—at the very lowest estimate between 15 and 20 per cent of spontaneous abortions (miscarriages) are of malformed foetuses.'

The Unit runs special counselling clinics for patients referred to them with a history of affected pregnancies. Would-be-parents are advised on risks and where pregnancy has begun, tests either of the mother's blood or of the fluid surrounding the baby are carried out to see if it is healthy.

The Unit staff of over 60 includes geneticists, immunologists, cell biologists, biochemists, experimental biologists and epidemiologists. The Unit was the first to identify certain risks causing the spastic diplegia form of cerebral palsy and since then the number of babies born with this condition have been

reduced by 40 per cent where the findings have been applied. Successful 'cell transplanting' has been achieved by the Unit where healthy cells are transfused into growing children to correct inherited disorders. Three boys aged between four and nine suffering from Hunter's disease (Gargoylism) are receiving the treatment.

But the goal of prevention is still to be reached: 'In aviation terms we are not as far as Concorde but further on than Leonardo Da Vinci. I'd say we'd reached about the Wright Brothers' mark. Leonardo just had drawings and a few broken bones. We've got experiments so we're off the ground!' Professor Polani added.

His annual rural ride

COLIN WEBSDELL, an employee at the Norfolk and Norwich Spastics Work Centre believes that charity begins at home. Every year when the centre closes down for a week at Easter and a fortnight in the autumn, Mr Websdell, of Pulham St Mary, near Diss, cycles round the area on a house-to-house collection. He often does a round of over 200 miles to cover this rural part of Norfolk.

Last year he raised £148 for the centre, his largest amount to date. But he intends to beat his own record in 1976 and he has already brought in £58 towards the year's total.

A SPRING fair held by Briston and Melton Constable Young Wives brought in £465. At the end of the year this will be given to Norfolk and Norwich Spastic Association, together with any other money raised.

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**WINDOW
ON WALES**

by Emlyn Davies

First home waiting for hostel newlyweds

WEDDING BELLS for Ann Garcia and Rex Codd, both residents of the Society's Swansea Hotel, who were married on Saturday, 15th May at Swansea Register Office.

The reception for Ann and Rex was held at the swish Surf Restaurant, overlooking

Mumbles Bay. Over 65 guests toasted the happy couple, including parents and relatives of both bride and groom and included Mr and Mrs Marchant, managers of Swansea Hostel.

Both bride and groom have been living at the hostel for seven years and work at the Swansea group's 'Longfields' Work Centre. They are shortly to take up residence at the new married quarters in Cyncoed, Cardiff, and they will, in fact, be the first couple to live there.

Rugger souvenir

WELSH rugby fans will have a chance to win a unique souvenir of their favourite game and support local spastic funds when the ball in the picture below is raffled. The ball, held by Mr James Ramsey, a worker at the day centre run by Cardiff and District Spastics Association, is covered with valuable autographs. It has been signed by every member of the Welsh, English, Scottish and Irish teams, and also by some of the French players.

Picture by courtesy of South Wales Echo.



ANOTHER Welsh bride was Susan Belt, an executive member of the Pembroke Spastics Society, who married Mr Christopher Mansell, at St Madoc's Church, Haroldston West. Miss Belt was receptionist at the Rosehill County Hotel, Portfield Gate, Haverfordwest, which is run by her parents.

The bridegroom works as a site engineer and his parents are from Kent.

Praise for new Scout leader

EMLYN DEE is a heavily handicapped spastic who works at the Monmouthshire Spastics Society's Cwmbran Work Centre.

Some time ago he was introduced to scouting by the local Scoutmaster, Mr Howard Stone, and so well has Emlyn progressed in his hobby that he has now been invested as a Scout Leader.

This is a great tribute to Emlyn and to the 3rd Newbridge Scouts Group whom he leads, and we wish him and the Troop every success.



21st anniversary for Craig-Y-Parc school



PICTURE left shows pupils of the Society's Craig-y-parc School making a broadcast for the BBC's 'Good Morning Wales' programme. The children's singing was part of the entertainment held to celebrate the school's 21st Anniversary.

There was also a wheelchair dancing display, a performance by the school's percussion band and a Biblical story acted with puppets made and operated by the children. Various cups, trophies and mementos were presented by Mr Derek Lancaster Gaye, the Society's Director of Resources.

The school choir, with their conductor, Miss Enid Evans, are pictured here with Anita Morgan, BBC reporter. Mrs C. Kearslake, Headmistress of the school since it first opened, also spoke on the broadcast.

Our 'get well soon' wishes to...

A NUMBER of members of the Regional Co-ordinating Committee have had problems with ill-health and I am sure that we wish Mr and Mrs Chamberlain, R.C.C. delegates from Colwyn Bay, a rapid return to normal health and to Stuart Powell-Bowen, whose wife, Betty, is vice-chairman, North, of the R.C.C. We include in our best wishes the quick return to good health of Mrs Lilian Platt, chairman of Rhuddlan and Delyn Group. Our best wishes also go to Mrs Hilda Rees, wife of our chairman and secretary of the Kenfig Hill Group. We are also sorry to hear that Mr Cliff Evans, treasurer of the Kenfig Hill Group, is in poor health and, indeed, this is only the second R.C.C. meeting he has missed since the Wales Region was formed.

Raising cash for welfare



COLWYN Bay Group are always conscious of the need to raise more and more money and they recently organised a dance at the Metro Restaurant, Colwyn Bay, to help maintain their welfare programme.

The dance was attended by over 100 people and made a profit of £70.

Pictured are members of the fund-raising Committee, including Miss Rosalind Osborne, seated centre, who is secretary of the group.

First year of progress for PHAB club

DURING the early part of March 1975 a number of interested people came together to talk about the possibility of forming a PHAB club in the Torfaen Area of Gwent. By the middle of that year the steering committee had been formed and was meeting regularly at the Cwmbran Work Centre.

The response to this meeting has been so great that the numbers have become too large to use their centre and they now use the local leisure centre.

In May this year they held their first AGM and from all reports, the club is a great success and many of the spastics who work regularly at the Cwmbran Work Centre are members of the club.

Mrs Clarrie Williams who is chairman of the Monmouthshire Spastics Society and member of the Executive Council is their first president.

— And another Welsh birthday

BIRTHDAYS seem to be very much in evidence in Wales these days and on May 12 a wine party was held at the home of Dr Eileen Davies, who was the first chairman of the Colwyn Bay and District Spastics Society.

The wine party was held to celebrate 21 years of work in the cause of helping spastics and among the number of committee members were two former chairmen, Mr John Williams and Mrs Connie Stableford, who have been consistently — and still are — working to maintain a very efficient welfare and visiting programme for all the spastics living in their area.

£250 help for trip abroad

TREVOR DAVIES, manager of the society's 'Brynawel' Adult House Unit in Cardiff, is trying to take the 14 residents living at the hostel on a holiday abroad. The cost of the holiday is in the region of £1,400 and they have raised a great bulk of this money by various fund-raising events of their own.

When this was mentioned to the members of the Regional Co-ordinating Committee they unanimously decided to make a donation of £250 to assist the holiday and this cheque will be sent to Trevor Davies in the near future.

Barefoot walk by children

VERY FEW of us like walking and even fewer like to walk barefoot. However, this did not deter five young children from Sully who decided to raise money by putting on a sponsored barefoot walk around Nailsea Court in Sully. Lisa Ericson, Chris and Alison Weekes and Peter and Tony Jarrett decided that the event should be staged on Cup Final Day, which turned out to be one of the hottest days in the year; however, they raised £3.22, which was presented to the residents and staff of the Society's Mena House Hostel.

This is the second time these five children have staged such an event and the money received will be put towards paintings to brighten the interior of the hostel.

How many of us would like to walk six miles barefoot on a hot day?

Funds get ahead with hats

EASTER bonnets galore are shown each year around Swansea and raise much needed funds to maintain the 'Longfields' Centre at Swansea.

The Ladies' Guild of the Swansea Spastics Association model these hats, all of which are designed by Mrs Elsie Rowlands, who is the mother of a severely handicapped son,

who works daily at the work centre.

All the shows are compered by Mrs Dilys Lewis, who is chairman of the Ladies Guild and many hundreds of pounds are made each year by the hard work and enthusiasm of this dedicated band of ladies. The picture shows what a happy band of people they are.


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Team will climb Kilimanjaro to fund a mini-bus

THE snows of Kilimanjaro on Africa's highest peak and a mini bus for spastic children are the twin goals of an eight-man expedition leaving the Midlands later this year.

The team, whose ages range from 21 to 46, call themselves: 'Non-stop to the top,' for that is what they plan to do. They reckon to cover the 6,500 miles, which includes a 3,500 mile drive along desert roads in the scorching heat, a three-day trek through dense jungle carrying 45lb packs, bivouacking at night in the open before attempting the 20,000ft climb — and be back in the Midlands inside a month.

Derek Flemmings, aged 37, a demolition worker has done it once before. 'When I climbed the mountain in 1964 it was with a team of soldiers.

They were fit men but only a few of us actually made it to the top," he said.

The climb is not so much dangerous as arduous and punishing, with altitude sickness a very real hazard. On top of the long, non-stop drive it will be a gruelling challenge to the expedition. They are busy practising each weekend in Snowdonia and Derek Flemmings has set himself the target of being able to run 10 miles before they leave in August.

So far sponsorship has been encouraging with the donation of a 15-seater Transit van and food supplies. The food has come from Cadbury's, the chocolate firm, which has always given generous support to the cause of spastics. Said Major Keith Abell, an expedition member and instructor at the Outward Bound School: 'We already have promises which amount to enough for the spastics' mini bus. But we also hope to raise enough to buy a kidney machine: £10,000 could be considered a target sum.'

HOUSE-TO-HOUSE collections in East Devon have brought in £1,165 for the Devon and Exeter Spastics Society. Topsham Youth Club raised a record £229.88 of this money and have been presented with the group's challenge shield.



Sarah — and her doll 'double' — meet the young collectors

SARAH TOMLIN, the model for The Spastics Society's new collecting box doll, met senior school pupils who were taking part in a house-to-house collection for spastics in the Malvern area of Worcestershire.

Ten-year-old Sarah is a pupil of the Society's Craig-y-parc school in Wales, but goes home to Malvern during the holidays.

Picture shows Sarah (centre) with her collecting box 'double' and pupils from the Chase High School and Dyson Perrins C of E School, Malvern.

Picture by courtesy of Malvern Gazette.

Scottish wheelchair dance success



A FINE turnout of 11 teams from various parts of the country ensured the success of the first-ever Scottish Wheelchair Dance Championships, held at Glenrothes, Fife.

Organised by Mrs J. A. Collins, sports and leisure organiser for the Scottish Council for Spastics, in conjunction with the Wheelchair Dancing Association, the high standards achieved made for very close finishes.

In the event, the prize-winners were:—Adult 'A': 'The Fifers' from Glenrothes itself. Adult 'B': 'The Clyde Wheelers,' from the David Anderson Centre, Bellshill, Lanarkshire. In the children's events, both the 'A' and 'B' section prizes went to Corseford School, Johnstone, Renfrewshire, represented by 'The Kilbarchan Weavers' and 'The Habbits' respectively.

SMILING happily after their successful day at the Scottish Wheelchair Dance Championships are (above) 'The Fifers' team, and below, the young members of 'The Kilbarchan Weavers' from Corseford School.



Report on organisers of volunteers

STATUTORY services and voluntary organisations now employ increasing numbers of staff responsible for organising the work of volunteers. The National Organisation of Voluntary Help Organisers was formed for such staff, mainly in the hospital field, and in 1974 an independent working party was set up to examine the role of voluntary help organisers.

The findings of the working party have now been published in a report called 'PIVOT'—people involved in volunteer organisation and tasks.

The report is available from the Volunteer Centre, 29 Lower King's, Berkhamsted, Herts, HP4 2AB—price 50p, plus 12p for postage and packing.

Coventry buys a bungalow

COVENTRY and District Spastics Society has bought a new holiday bungalow at Skegness to be used by spastic people and their families. This is the third property to be bought by the group since it was formed in 1949.

The first was Penderells, a residential centre opened in 1958 at a cost of £9,000. It is now run by the Social Services Department and the spastics' group provides extras such as a fridge, tumble-drier, garden equipment and an ambulance.

One room in the centre is called the Alvis room, furnished by Alvis car workers and another is the Charterhouse room, financed by the Charterhouse Trust.

Later the group bought a holiday bungalow at Prestatyn.

Offers and wants

HAMMOND and Champness 'Woodgate' invalid lift offered, at present installed between ground and first floors of a house in Oxfordshire. Advertiser does not require payment but hopes to find a taker who will ensure that after removal, the floor and ceiling of the house are replaced and made good.—James Price, Spelsbury House, Spelsbury, Oxfordshire. (Tel: Charlbury 635.)

TWO ambulances for sale—One is five years old, takes four wheelchairs and nine people including driver. £450. The other is a 10-year-old Commer supplied through The Spastics Society — £150. Both vehicles have tail lifts. Contact Reg Stacey, Manager, Kingston Work Centre (01-546 7350).

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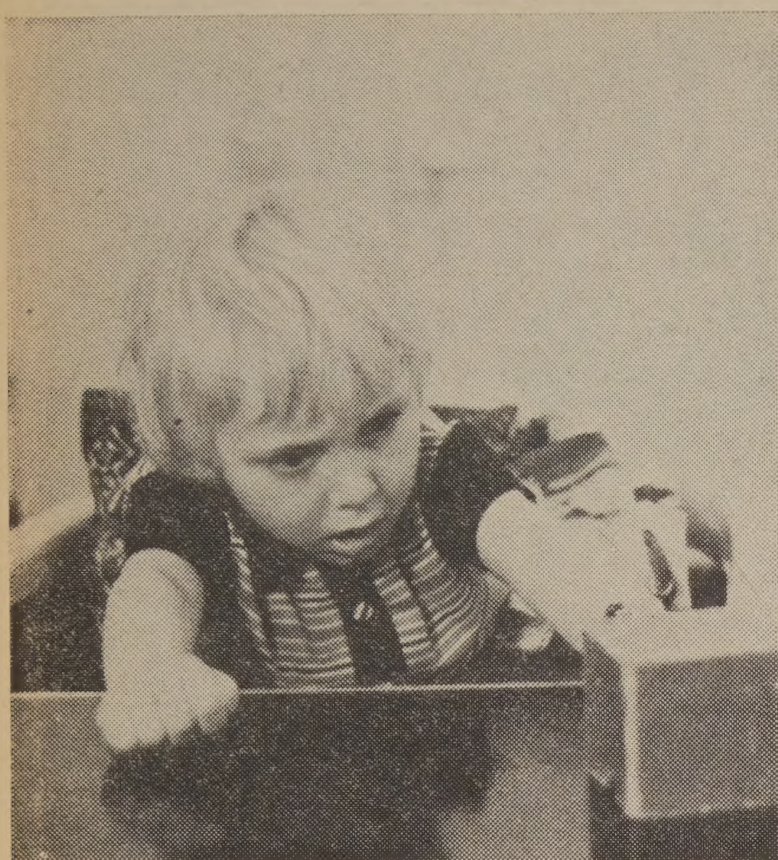
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SN June19



THIS shot from the Society's new film 'Caring for Spastics' shows John, a little athetoid boy with an IQ of 120. It demonstrates the tremendous struggle he has to control his involuntary movements as he reaches for a toy.

Society's new film aids fight for acceptance

'WHAT can it be like to be stared at every day of your life when you walk down the street or go into a room? To have to fight to be accepted as the person you know yourself to be and not as someone people feel embarrassed or sorry for?'

These questions are asked in a new film, 'Caring for Spastics,' made by The Spastics Society, which had its premiere in May. The film is designed to help clear up public misunderstanding and cruel indifference to the condition of cerebral palsy.

Said Mr James Loring, Director of the Society, 'We made this film because we know how little the average person understands some of the effects of cerebral palsy. As a result, spastic people can suffer great humiliation. For instance, some spastics walk unsteadily and have difficulty in balancing. They can easily fall over. Yet passers-by who mistake them for drunks, often make wounding remarks and rarely offer to help them up.'

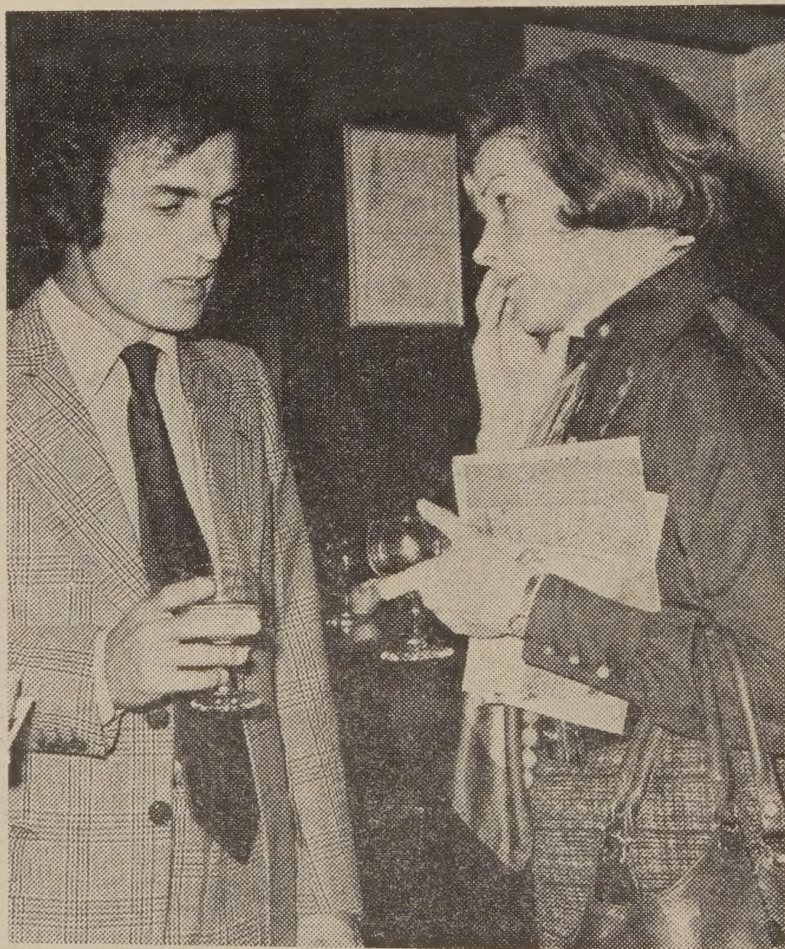
'Similarly spastic children with an unsteady gait or jerky body movements can suffer appallingly at the hands of other children.'

'So our new film aims to explain just what cerebral palsy is, in simple terms everyone can understand. It explains how, as a result of brain damage, messages no longer run smoothly to different parts of the body. Instead the messages become rather like electric shocks resulting in a disorder of posture and movement.'

The opening sequence shows a graceful young woman diving and swimming with effort-

less co-ordination—a good way of emphasising the problem of those with less than perfect co-ordination. Coloured animated diagrams illustrate how different types of cerebral palsy occur, depending on what part of the brain is damaged and the various ways in which 'messages' to different parts of the body can be ineffectively transmitted.

The film takes a brief look at current research into the causes of cerebral palsy—only one or two per cent of cases might have been preventable in the light of present-day knowledge—and then goes on to show a severely athetoid little boy, taking IQ tests. These tests have been specially devised by the Society's educa-



THE film's director, Nigel Evans, discusses some of the technicalities of filming with journalist Sylvia Hull of Mother and Baby.



NO wonder Graham Burn, right, the film's producer smiles happily as he has just become engaged to beautiful Sheila Pant, centre, and listened to much praise for the film which he produced. On the left is Mr A. V. M. Diamond, Secretary of the Society.

tional psychologists for children with little speech or hand movement.

Although he has hardly any means of communication beyond nodding his head, the tests have shown that the child has an IQ of 120. A generation ago he would probably have spent his life in an institution for the mentally handicapped, but now he will be able to benefit from one of the special schools where new

techniques for the teaching of severely handicapped pupils have been developed.

The Spastics Society's pioneering work in the field of education is illustrated with shots of Ingfield Manor, Mel-dreth Manor and the Thomas Delarue School. But, as the commentary points out, 'The problem doesn't just go away when a youngster reaches the age of 16 or 18,' and the film ends with a look at how the Society helps the disabled school leaver come to terms with the challenge of the outside world.

The commentary is spoken by Mr David Dimpleby, whose father, the late Richard Dimpleby, narrated one of the Society's first-ever films. Producer Graham Burn is himself a former pupil of the Thomas Delarue School.

The film was highly praised by representatives of the Press and other organisations attending the premiere. Mr J. Barnes, who makes films for the Central Office of Information, told Spastics News:

'I think it's a brilliant film. It must have been quite difficult to make but it's been very well-edited and, without being condescending, puts over the problem in a way which the layman can understand. In fact, this was the first time I'd realised that cerebral palsy and spasticity were one and the same condition.'

Mr Barnes thought that the film would be specially valuable for showing in schools. 'Children tend to be hyper-critical of anyone who's different. And this will help them understand the reasons why spastic people appear awkward.'

Highland holiday for Glasgow workers

IN the shadow of Ben Nevis, Britain's highest mountain, 22 spastic men from the Hillington Work Centre in Glasgow, enjoyed a rare week's holiday in the Highlands.

Through the efforts of Lochaber District Rotary Club, they were entertained and looked after in no mean fashion by the generous folk of Corpach and Fort William. They were particularly indebted to Mr and Mrs Sutton, of the Loch Linnhe Caravan Park, who donated their caravans to accommodate the party for the entire week.

'We couldn't have had a more enjoyable time and everyone was very generous. It was a fine gesture and I hope it will be emulated in other areas,' said Mr William Balfour, the work centre manager, who accompanied the party.

There's a tree bank in their garden

THERE is a tree bank at the bottom of the garden of the Society's Princess Marina Centre at Seer Green, Bucks.

Local villagers formed the Seer Green Tree Bank to help neighbouring land-owners replace trees lost through Dutch Elm disease. A talk on the project was given to the residents by a member who mentioned that they were looking for a spot for a sapling nursery.

Now a patch of the grounds has been given over to the group who have put in some 200 hardwood saplings, mostly cherry, for which the area is well known. Said Warden Peter Lee: 'The residents are taking quite an interest in the project and it is also bringing the village into closer contact with the residents.'

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Successful Spastics Week at Gloucester

GLOUCESTER and District Spastics Association held its annual Spastics Week during May, when events such as a church service, a spring sale and flag day helped to focus public attention on the work being done for local spastic people.

The social occasion of the week was a dinner at the Wheelwrights Restaurant, attended by many distinguished guests including the Mayor, the City Sheriff and the President of the Chamber of Trade.

The Group's President, Councillor Ken Hyett made a speech of welcome and Mrs Sally Oppenheim, MP for Gloucester, proposed a toast to the Association. She said that her role, like that of her fellow Vice-Presidents, made few demands — 'Because such occasions as visiting the spastics' Christmas party bring their own rewards when you see the

happiness on the children's faces.' But demands were very heavy on those concerned with the day-to-day running of the Association and Spastics Week meant a period of extra hard work for them.

Mrs Oppenheim went on to say that financially this was a difficult time for everyone, but the Gloucester and District Spastics Association had seen no curtailment in its activities during the past year and indeed had branched out into new projects, such as the holiday home, opened only a few months before.

'We need generosity in these times more than ever before,' concluded Mrs Oppenheim. 'Because voluntary organisations such as this do not merely put the icing on the cake, they put the butter on the bread.'

The toast to 'Our friends and supporters,' was proposed by Mr W. G. Thomas, Chairman of the Association. He said that the running of the

group's ambulance depended entirely on public donations. Although it was operated by volunteer drivers, fuel and servicing costs alone averaged £60 per month and the group's holiday home cost a further £1,000 a year to run. Therefore the Association needed to find at least £2,000 annually and Mr Thomas paid tribute to the many supporters who helped to raise this money.

Afterwards Mr Thomas told Spastics News that he had founded the Gloucester and District Spastics Association in 1965. Although he had no personal experience of cerebral palsy in his family, he had been so impressed by the work being done for spastic people in Cheltenham that he had decided to set up a similar venture in Gloucester.

'We still work very closely with the Cheltenham group,' he said. 'And many of our spastics go to their day centre — that's why we needed an ambulance so much.' The

ambulance which makes the journey to Cheltenham twice daily, was bought by the group for over £3,000 and the new mobile holiday home in the Cotswolds cost more than £3,500.

'We've even had people from Holland staying there,' said Mr Thomas, 'so you might say we're internationally known.'

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High standard work by spastic writers — and cards didn't lie for Elizabeth

WHEN Elizabeth Sorrell, a wheelchair bound member of the North London Spastics Association, read in Spastics News that entries were due for The Spastics Society annual literary contest, she thought she would send in a poem she had written about an old soldier she knew.

As well as writing poetry Elizabeth, 38 and a striking blonde, is a white witch and reads Tarot cards, so recently she read them for herself. 'They showed money and success. At the time I couldn't see it coming but the cards never lie!' And last month at the prize-giving Elizabeth, along with nine other winners, collected her prize.

Lady Wilson, wife of the former premier, Sir Harold Wilson, was at the Society's Family Services and Assessment Centre in Fitzroy Square to present the prizes. It was her idea six years ago to make the contest an annual event.

Lady Wilson, the winners, their relatives and

friends were welcomed by Society Vice-Chairman Mrs Joyce Smith. Also at the prize-giving were John Pritchard and Michael Stafford of Top Ten Promotions Ltd, which runs the Spastics Pool. 'Which,' said Mrs Smith, 'does so much for the Society.'

Lady Wilson judged the poetry section and the other judges were Rosemary Ann Sisson, the TV script-writer who wrote for

Upstairs, Downstairs, Elizabeth R, The Six Wives of Henry VIII and has worked on two Disney films; Pat Boxall, Women's Page Editor of The Sunday People; and Gordon Farnsworth, Editor of The Bristol Evening Post.

Lady Wilson warned listeners against the dangers of 'attaching labels': 'I do find so many people attach a label which says Black, White, Liberal, Conservative, Labour, Welsh Nationalist, Scots Nationalist. But we're not—we're all mixtures.'

'A poet friend and I were discussing somebody and he asked me, "Are they High or Low Church?" Being a non-conformist evangelical I found it hard to say! It is all part of putting people into pigeon holes mentally. People say "spastic" as if that is it, but I say "People who happen to be spastic"—they have so many talents apart from that specific handicap. Three years ago I read some poetry by one entrant—it was lovely, limpid, reflective work and I hear now that he has gone on to university. As well as the pleasure of entering the contest it really does help to encourage people to go on writing.'

'I was very pleased with the work that came into my section. The standards were generally very high. Some was not all that good, some was excellent. As long as you're writing something that's the thing. The pleasure of writing brings its own reward.'

In awarding the first prize in the poetry section (female) to Mrs Elizabeth Sorrell of Hamilton Close, Chesnut Road, London N17, Lady Wilson said: 'This long poem is evocative of the memories of



THE panel of judges for the Society's literary contest for spastics were welcomed to the prizegiving ceremony by, pictured centre, Mrs Joyce Smith, a Vice-Chairman of the Society, and Director James Loring. On the left are Gordon Farnsworth and Lady Wilson, and on the right Pat Boxall and Rosemary Ann Sisson.

an old man sitting quietly at the end of his life, reviewing the past. It is very well imagined, particularly the memories of war and the thought that the Unknown Soldier must have been his own pal. Very well imagined.'

In the male section the prize went to Mason Wood of Brooke Road, Stoke Newington, London N16, and Lady Wilson commented: 'This poem is a very good description of trawler fishing late at night—and very topical, too! The descriptions of the fish packed in ice and then the fish market are very graphic. An excellent poem.'

Neill Cadmore, aged nine, of The School House, Ludwell,

Shaftesbury, Wilts, won in the children's under 11 section. Of his story: 'The car that could talk,' Miss Sisson said: 'This is an original idea, simply told, with a neat, funny ending. There is good use of dialogue and fast-moving economical narration.' In giving the prize for schoolgirls 11-16 to 13-year-old Ruth Bailey, of Cabrera Avenue, Virginia Water, Surrey, Miss Sisson said of 'The Paper War': 'A very unusual, ingenious and well-written account of a game of chess written in terms of war. Written in the first person, it shows a nice gift of characterisation and comes to a neat, amusing conclusion.'

Christopher Nykiel, 15, of Malham Close, Seacroft, Leeds, won the schoolboys 11-16 group with 'Haydn in Stereo at Lakeland.' Miss Sisson's comment was: 'This is a genuinely original essay, conveying the feeling of Haydn's trumpet concerto in terms of a journey, with movement and scenery. It is very well written and clear, yet imaginative.' Miss Sisson was so impressed with the work of Frank Thomas, another entrant, she decided to give him a present herself. 'He wrote about a football match—and you were there! He's a newspaper sportswriter in the making.'

Pat Boxall, judging the young adults section, gave first prize (female) to 23-year-old Ann Trotman, of Syston Park, Kingswood, Bristol. It was the second time that Ann has won

this prize, the first was two years ago. Describing her story, 'The Mascots,' Miss Boxall said: 'This was very well written and I was impressed by a real feeling of atmosphere in the story. The characters were nicely drawn and came to life quite easily.'

Raymond Bunce, 22, of South Street, Ropley, near Alresford, Hants, won the male section with 'Learn the Hard Way,' and Miss Boxall said: 'A very nice story with a good moral. Atmosphere is very good in a story but it must serve a purpose so it's a golden rule to go through everything you write and delete what doesn't have a direct bearing; this is a very good effort and I found it absorbing.'

Mr Gordon Farnsworth judged the over 25's and said of Miss Maga Maczek, of Arden St, Edinburgh's piece 'An expression of gratitude,' 'Miss Maczek tells a graphic story of a sidelight in history.' John Wilkinson, BA, from Wellesley House, Penn Road, Wolverhampton, won the male section with 'From A to B.' 'A simple but imaginative title... takes us on a philosophical and evocative journey of experience.'

Mr James Loring, Director of the Society, gave his special prize to Malcolm Porteous, 13, from Camus Avenue, Edinburgh. He said: 'A charming account of a much loved family dog. Not a very talented or brave dog apparently, but very much a member of the family.'

Top Ten team at Scunthorpe

A TEAM from Top Ten's head office in Bristol joined Scunthorpe collectors and friends for a social evening at the Berkeley Hotel in May. The team, led by Derek Hudson Director of Top Ten Travel and including John Pritchard, Martin Handford and Alan Holloway, introduced the evening with a slide and film presentation.

Next day they visited the Lincolnshire Spastics Centre, which was opened in April 1966, and caters for 30 residents, who obviously enjoy the relaxed and informal atmosphere. Mr Hazelton, the warden, was quick to stress that the door is always open, particularly to supporters of the Spastics Pool, who would like to see at first hand the work that is being undertaken at the centre.



News about the Spastics Pool

MR and Mrs Dudley Cowin, of Douglas, Isle of Man, who won a 10-day holiday in Tunisia in a Charm Girl contest, receive their air tickets from Laurie Watterson, the Islands' representative. Also pictured, left, is Mr George Corlett.



SENTHILKUMAR SUBRAMANIAM, of Derwentwater Road, London, receives his first dividend cheque for £5,000 from Regional Manager, Peter Jones.



JOHN BURKE who won the Grand National on Rag Trade was at Pershore Working Men's and Old Comrades' Club to present a cheque for £909 to Mr F. Hawkes, centre right, of Great Comerton, who shared first prize on the first dividend of the Spastics Pool. Also pictured are Mr W. Marchant, left, and Mr Stan Marshall.

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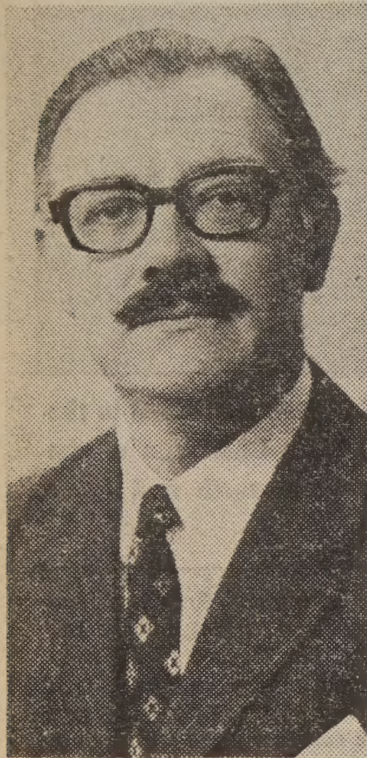
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SN June11

Mr Emms leaves Executive Council



MR J. F. G. EMMS—'Jack' to his many friends—has retired from the Executive Council of The Spastics Society after 20 years of active work. He has accepted a Vice-Presidency of the Society.

Mr Emms, who was first recommended by the Central Committee to fill a casual vacancy on the Executive Committee on May 13, 1956, was elected vice-chairman in September 1957. In 1960 he was elected Chairman of the Executive Committee and held that position for three years. In 1963 he became Vice-Chairman again, resigning this position in 1966.

Mr Emms has served on the Executive Council ever since. He is also a member of the Management Committee of the Central Middlesex Spastics Welfare Society.

Mr Emms, who is a fellow of the Institute of Actuaries, is Executive Director of the Commercial Union Assurance Company. He lives in Pinner, Middlesex.

'Our gratitude'

Mr Dorrien Belson, Chairman of the Executive Council of The Spastics Society, said: 'Jack Emms has brought good sense and understanding, enlivened with a characteristic good humour, not only to the many committees on which he has served, but also to the numerous occasions when his advice has been sought in discussion groups, or even privately.

'His presence, however, will be missed mostly on the Executive Council itself, where for so many years he has given valuable help in the decision-making concerned with the formation of the Society and its subsequent development. Anyone who has given as much time and effort to the welfare of the Society as he has deserves the gratitude of us all.

'I am personally delighted he has accepted the office of Vice-President, and that thereby he still remains closely connected with us.'

New centre will meet vital need in Wiltshire

THE foundation stone of a much needed day centre and hostel for severely mentally and physically handicapped young adult men and women was laid in the grounds of Odstock Hospital, Salisbury, Wiltshire, on Monday, May 24, by Lord Margadale, Lord Lieutenant for Wiltshire, and President of the special Wiltshire Fund Raising Campaign. He was supported by Lord Rootes, Mrs Joyce Smith and Mr Richard Stratton, the three joint chairmen of the Appeal Committee.

The new centre, which will serve the whole of Wiltshire, will provide facilities for 24 young people. The attached hostel will provide programmed short stay care for eight of those attending the centre—the first residential accommodation to be provided in the county. It is hoped that it will be ready for occupation by the summer of 1977, when it will be presented to the Wiltshire County Council.

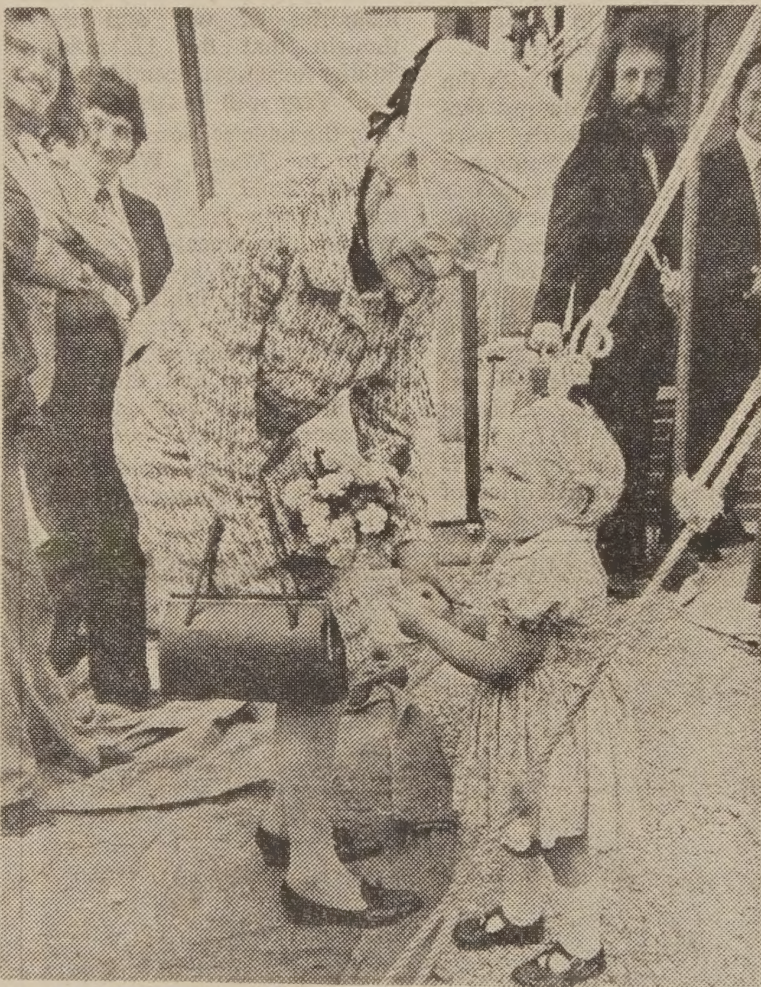
Admission to the centre will be based upon need and on the lack of alternative facilities. While some of the young people concerned will stay at the hostel on a five-day week basis, others will attend as necessary.

Society's gift

The centre will cost at least £225,000 to build and equip. £125,000 of this amount is being provided by The Spastics Society as an outright gift to the community. The remaining £100,000 must be raised by public generosity through the fund raising campaign in Wiltshire. The site has been provided by the Salisbury Group Hospital Management Committee, in liaison with the Wessex Regional Hospital Board.

The need for a day centre and hostel was brought to public attention by the Salisbury and District Spastics Association. A preliminary survey in Wiltshire revealed a facilities now to be provided

and it is anticipated that this number will increase. Because there are no residential facilities available in the county young people with severe disabilities are at present cared for in special care units attached to local authority junior training centres, in sub-normality hospitals, or at home, which imposes a great strain on relatives and parents. minimum of 62 young handicapped people in need of the



A BOUQUET for Lady Margadale presented by Helen Louise Seouse, Mrs Smith's granddaughter.



First step

LORD Margadale lays the foundation stone watched by Mrs Joyce Smith and, on the left of the picture—holding the stone in place with a careful hand—Mr Louis Helman, Spastics Society architect.

'Help us save Culham College' she pleads

I AM in my second year of training at Culham College of Education, and, with the College proposed for closure by the Department of Education and Science, I would like to tell about the work of Culham in the field of Special Education, and the all too unusual consideration given to me as a spastic student.

I left the Spastics Society's Thomas Delarue School in 1973, and spent 14 months without being accepted for any form of employment. During this time I applied to two colleges for teacher training.

The first, a large, city college, turned me down without a formal interview on the grounds that I was handicapped. The second was Culham College—I had heard by word of mouth that Culham gave real consideration to handicapped students. I was accepted.

Culham Church of England College of Education has a thriving Special Education Department, and from this stems its policy of concern for the handicapped person, be he

a mentally handicapped child or a prospective teacher.

I am one of only three students from Delarue School to be accepted by any teacher training college in the last 10 years, according to the Society's 'Social Work and Employment Department follow-up of Thomas Delarue School-leavers' study. Another of these three, like myself, was turned down by the first college to which he applied.

Yet there are three handicapped students in this one College of Culham just now, and four others have passed through recently. Teaching is the only 'caring profession' to which ex-Delarue students have access at all, according to the Society's study, and should Culham close, a valuable opportunity for vocational training will close with it.

Other Delarue students wanted to teach and many felt the need for the understanding of a handicapped person on the staff. Many also realised that a handicapped person on the staff of an ordinary school could do much for our longed-for integration.

Our special education course is one of only six in colleges of education in the whole country, and were Culham to close there would be little chance of transferring the course to another college.

The area of Oxford in which we are situated is unique in having a great variety of special schools in which students may practice; I am at present on teaching practice in a school for slow learning children, and learning a great deal from the experience.

Other areas may not provide enough places for special education students to practice; this is something we are currently bringing to the notice of the DES.

Culham was not one of the colleges proposed for closure by the Church of England Board of Education, and we still have time to make representations to the DES, and impress upon them the unique value of our special education course, the value of our youth and community studies course, and others.

Please help the College, help handicapped students, and help special school children, by writing to your Member of Parliament and explain the unique nature of our course, and the unusual consideration given to handicapped people applying for entry.

If you would like any other information please write to me at: Culham College of Education, Abingdon, Oxon OX14 3BP.

JUDITH UNDERWOOD.

Recipes to meet the challenge of rising prices

FORECASTS for the future are gloomy to say the least, and you can bet your house-keeping money that no matter which prices go up it will be the housewives who have to face the down-to-earth problems. It will be up to them to see their families continue to be well fed, warm and clothed. Well, there's nothing like a challenge to add zest to life!

It could be worth searching around secondhand book shops to try to find cookery books published during the last war. The recipes may be basic but, with rationing as strict as it was then, they will certainly provide inspiration for present-day budgeting.

A feature of wartime cooking was making do with 'bits and pieces.' Here is a recipe that has a little of this and a little of that in it and turns it all into a mouth-watering dish:—



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Serves 4-6

6 rashers home-produced streaky bacon
6oz chicken meat, minced
6oz bacon, minced
6oz lean pork, minced
1 onion, minced
2oz breadcrumbs
1 British egg, beaten
A little milk
Seasoning
Fresh chopped herbs
Mix minced meats together with onion, breadcrumbs, herbs and seasoning, bind with

egg and a little milk, if necessary. Line a one-pound loaf tin or similar mould with the bacon rashers. Put mixture in tin, cover with foil, place in a roasting tin with one inch of water. Bake 350 deg F, Mark 4, for 1½ hours. Remove from water. Place a heavy weight on the top and leave until cold. Unmould and serve with salad.



BAKED LAMB'S HEARTS

(Serves 4)

4 home-produced lamb's hearts
1oz fatty bacon, de-rinded and chopped
1oz porridge oats
2oz salad onions, finely chopped
Pinch mixed herbs or sage
Salt and pepper
1 British egg, lightly beaten
2oz dripping
1 teaspoon horseradish sauce
Soak hearts for half-an-hour. Remove the tubes and dry. Mix

salad onions, bacon, horseradish sauce, oats and herbs, season well and use sufficient egg to bind. Fill heart cavities with the stuffing; place quarter of the dripping on each heart. Bake hearts in a fireproof dish, covered with foil or greaseproof paper, at 350 deg F, Mark 4, for 1½ to two hours, depending on size of hearts. Drain off surplus fat in the base of the dish, use pan juices to make gravy.

SPRING OMELET (Serves 4)

6 large eggs, separated
8oz carton cottage cheese
4 salad onions, chopped
Salt and pepper
1oz home-produced butter

Method: Beat the cheese into the egg yolks and add salt and pepper. Stir in onions. Whisk egg whites stiffly, fold into egg mixture, using a metal spoon. Melt butter in a large frying pan, spoon in omelet mixture and level top with a knife. Cook gently for 6-7 minutes until golden underneath. Slip frying pan under medium hot grill, cook for 3-4 minutes until well risen and golden. Serve in wedges like a pie with a seasonal salad.

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Death of Mr Palmer

Cont. from Page 1

and talent for organisation will be greatly missed. So too, will his pleasant personality and unfailing good humour which made Mr Palmer such a popular figure throughout the Society.

At the time of his death, Mr Palmer was Chairman of Spastics Cards Ltd, a Director of Spastics Shops, a Trustee of the Friends of Spastics League, and member of the Finance, Investment, and Resources Committees.

Mr Palmer became a member of the Executive Council in 1964, and was Hon Treasurer from 1966 to 1969 when he was appointed Vice Chairman. Among the many other important offices he held during his association with the Society was the Chairmanship of the Finances and Administration Committee and the Regions Committee. He had a quite extraordinary capacity for hard work and though he had no experience of cerebral palsy in his own family he felt a deep personal involvement with the needs of spastic adults and children. He delighted in visiting the Society's school and centres and seeing at first hand the results of the decision-making which he had shared in committees. He once told Spastics News: 'I feel honoured to be associated with the Society's work, and count myself lucky to be able to take part in such a worthwhile charitable cause.'

Mr Palmer was a former Deputy Chairman of Glaxo Holdings Ltd, and had been with the company for over 40 years. He was closely associated with the Association of the British Pharmaceutical Industry and was elected Vice President in 1959, became President in 1960 and held the office for two years. He continued as a member of the Board of Management of the Association until his retirement in 1969. His interests were continued with his appointment as Trustee in 1969 and election as an honorary member in 1971. Mr Palmer was a member of the Negotiating Committee for many years and its Chairman when it negotiated the renewal of the voluntary price regulations scheme in 1969.

A man of wide interests, Mr Palmer was also Chairman of the Board of Governors of Northwood Preparatory School, Northwood, for some years.

Mr Palmer's funeral at Amersham Crematorium on May 26, was attended by Mr Alex Moira, a Vice Chairman of the Society, who represented the Executive Council, Mr J. Coombes, Chairman of the East Region Co-ordinating Committee, Mr Alan King, Assistant Director, Finance, and Mr R. Butterfield of Spastics Cards Ltd.

At the request of Mrs Palmer, there were no flowers, but instead, donations could, if desired, be sent to The Spastics Society.

MR Philip Mackie, right centre, Deputy Editor of the Edinburgh 'Evening News' and convener of the 'News/Odeon Charity Appeal Fund, hands over the cheque for £1,500 to Mr Ernest Herrald, Chairman of the New Trinity Appeal Group. Some of the kitchen equipment stands in front of them. Others in the photograph include Mr Stephen O'Neill, general manager of the New Trinity Centre; Mr Max McAuslane, Editor of the 'Evening News'; Mr Roy Learmonth, Appeal Organiser, Scottish Council for Spastics; Mrs Audrey Sangster, Chairman, Edinburgh Spastics Appeal Committee; Mrs A. Ratray, Edinburgh and District Spastics Association; Mrs Joan Mitchell, Edinburgh Spastics Appeal Committee; and Cdr Archie Cameron, Director of the Scottish Council for Spastics.

Photo: Courtesy of 'Evening News.'

Equipping a kitchen 'fit for a king'

DESCRIBED by the Edinburgh Evening News as a 'kitchen fit for a king,' that vital part of the city's new Trinity Centre for Spastics was the scene of a presentation ceremony which will ensure that the catering equipment is of the best.

As a result of several efforts, including a sponsored walk last November, the News' editor, Mr Max McAuslane, was able to hand over a cheque for £1,500 on behalf of the News/Odeon Charity Appeal Fund, to Mr Ernest Herrald, chairman of the New Trinity Appeal Group. Samples of the utensils paid for by the cheque, ranging from urns and cutlery to a potato chipper, surrounded the presentation party.

Commented Mr McAuslane: 'Our appeal fund helps several causes but nothing commends itself to us more than this one. We are watching the building of this centre with great interest and hope that very soon spastics and others with similar afflictions will receive help here.'

Commander Archie Cameron, Director of the Scottish Council for Spastics, said that when the centre is fully operational in the autumn, it would provide a sheltered workshop including a commercial laundry, a work centre, occupational training centre, assessment and day-care units, as well as therapy rooms, canteen, etc. It would cater for 150 spastics drawn from Edinburgh and the Lothians. The total cost was more than £400,000 towards which they had collected some £55,000 of a £150,000 public appeal target.

Mini-bus from the walkers

A NEW £5,000 mini-bus has been presented to the Barrow and District Spastic and Handicapped Children's Society, Lancashire. It was handed over by Mr Bob Craig, Chairman of the Keswick-Barrow walk committee. The bulk of the money for the vehicle was raised by sponsored walks held in 1974 and 1975.

The 15-seater bus will be used to take children to and from the Barrow day care centre.

SWANSEA and District Spastics Association has received a cheque for £1,000 from the Sister Susie Club, a group of local well wishers.

Big push to aid school



PUPILS of The Spastics Society's Irton Hall School in Cumberland set out on a sponsored wheelchair push. The event was organised by Whitehaven Round Table to help pay for the replacement of defective cement structures at the school.

Picture by courtesy of Cumberland Evening News and Star.

PROCEEDS of a fashion show held at Wakes Hall Residential Centre, run by the Stars Organisation for Spastics, amounted to more than £500. The show was opened by actor Simon Ward.

Guard of honour for artistic Vicki



IT was a great day for Vicki Norton when her drawing won a special prize in a children's art exhibition and two real live guardsmen came to congratulate her.

Vicki, aged 14, is a pupil at The Spastics Society's Meldreth Manor School in Hertfordshire. She was one of three Meldreth children whose work achieved recognition in the tenth Art of the Invalid Child Exhibition organised by the Invalid Children's Aid Association.

Vicki's drawing is at top right of picture. Other special prizewinners from Meldreth were Mark Brooks, 14, and Michael Flanagan, 15. Children from the Society's Ingfield Manor School also took part in the exhibition. Mandy Farrell, 10, was a joint third prizewinner while the work of Paul Rasch, 11, Marjorie Rameswari, 15, and Noelle Stephens, 13, was highly commended.

The guardsmen were part of the guard of honour formed to greet the American Ambassador, Mrs Anne Armstrong, when she arrived to open the exhibition at the Royal Exchange in the City of London. Mrs Armstrong, wearing a navy blue coat and cream halo hat, was to have inspected the guard of honour on her arrival. However, her car was delayed in heavy traffic and rather than keep the children waiting, she went straight inside for her opening speech, leaving the inspection until afterwards. She spent about an hour at the show, admiring the paintings and chatting with prizewinners.

A 20-MILE sponsored walk from Amersham, Buckinghamshire, has raised over £1,000 towards a new swimming pool for the Society's Thomas Delarue School in Kent. The walk was organised by Mrs A. Monzani, whose daughter Paula is a former pupil.

Stamps campaign pays for pilgrimage

JOHN TURNER, of Faverham, Kent, has won high praise in his works magazine for his fund-raising efforts on behalf of handicapped children. John, who has a spastic disability, has worked at Marley Foam, Lenham, for six years. Some time ago he went on a pilgrimage to Lourdes and was so impressed by the experience that he wanted to help others make the journey.

He started on a marathon trading-stamp collection for the Handicapped Children's Pilgrimage Trust. With the help of appeals on factory notice boards and in shops, he managed to fill nearly 100 books with stamps—enough to sponsor a 12-year-old spastic boy for the Lourdes pilgrimage.

Incidentally, Mr Turner is looking for a female pen-friend, around the age of 25-30. He is 28 and his interests include collecting matchbox tops, stamps, television, the cinema and pop music. If possible he would like to correspond with somebody living in the South of England. His address is: 22 Bysing Wood Road, Faverham, Kent.

Austrian trip for Yvonne

Miss Yvonne Berry, of Haverfordwest, has been chosen by the children of Prendegast Junior School, Haverfordwest, to go on a holiday to Austria.

The children, with the help of their headmaster, Mr L. O'Rourke, collected Green Shield stamps to pay for Yvonne and her mother to go on this trip, which is run by the Across Association. They will travel by the Jumblance, which is a huge coach specially adapted to carry severely handicapped people across the Continent.

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SN June14



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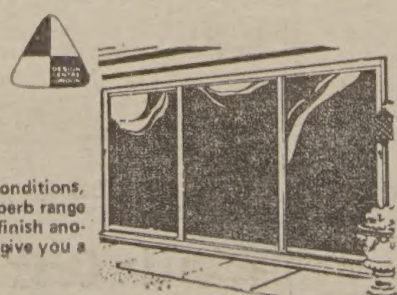
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Society's new money man

Ex-naval flier at helm of funds campaign

FROM handling the controls of the super-sonic Scimitar, Michael Brophy has come, via the advertising world, to handle the finances of The Spastics Society as Chief Fund Raising Executive.

He was born and brought up in Dartmouth and educated at Ampleforth, the Roman Catholic Monastery whose then Abbot, Dom Basil Hume, is now Cardinal Archbishop of Westminster. 'He taught me to play rugby!'

He joined the Royal Navy at 16 and went to the Royal Naval College at Dartmouth where he was the Senior Cadet and winner of the Queen's telescope. This was presented by Lord Mountbatten. 'When I met him as First Lieutenant of HMS Daring he remembered me and on learning that my final visit for the Navy would be a trip to Sweden, gave me a telephone number and said "Don't forget to ring my cousin when you got there." However, when I discovered this was the King of Sweden I didn't go any further!'

Out in the Far East, aged 20, he was part of the guard group to witness the explosion of the first hydrogen bomb and was given the task of seeing that 12 non-English speaking Chinese observers did not actually watch the blast.

After serving on HMS Eagle, Ark Royal and Victorious, he began pilot training with the Fleet Air Arm when he was 21.

Mr Brophy, aged 38, succinctly recalled: 'Of the 11 of us who started our training together, only two are left alive—and I'm one of them!' He did 250 deck landings and flew a variety of planes including the faster-than-sound Scimitar and the Buccaneer, which is marginally slower.

'Although I did not myself have any serious accidents, I've had a few close shaves. Once



Michael Brophy

in a Buccaneer off the North of Scotland I got down to 200 knots and 1,000ft with double engine failure from 500 knots and 20,000ft before restarting the engines. I also had a fire in a Hunter aircraft when the whole of the jet pipe fell off.'

Two years were spent on HMS Daring and he took part in the blockading of Rhodesia. In something of an understatement he described his time in the Senior Service as 'Quite exciting.'

He left the Navy at 31 with the rank of Lieutenant Commander and joined J. Walter Thompson as Account Director handling accounts like Lux, After Eight and Oxo. 'In 1973 I spent four weeks in Hollywood making 20 Oxo commercials at a cost of just below £100,000. In 1974 I learnt Farsi and went on secondment to Tehran in Iran to set up a J. Walter Thompson office there.'

Mr Brophy also speaks Russian: 'I learnt it from a princess in Paris and later visited Leningrad on a Naval visit. All I can remember is that when the Royal Marine band landed, they returned holding up their trousers because every button they possessed had been stolen for souvenirs!'

He joined The Spastics Society at the start of the financial year.

'I have a "Decade Theory." I think some people need to change jobs every so often. It is a matter of temperament. I have had a decade in the Royal Navy as a young man—and a decade in advertising going gradually to seed! Now I expect 10 fruitful and useful years recovering with The

Spastics Society—I hope so, anyway!'

He went on: 'New looks at fund raising raise a belly laugh! Everybody's at it. However the Society is itself in a reflective mood. This is a sign of maturity. Where to now? It is not unnatural we should be reviewing the fund raising activity at all levels, in this process.'

He listed some examples: 'How should we better assist the Spastics Pool which has given so much? How should we be making a more efficient onslaught on commercial organisations? To what extent can we connect individuals within companies more directly with special projects on the ground? How can we reward people who give generously?'

Effective

'At Park Crescent are there technological tricks to be exploited which we have not considered, such as the use of the computer? Should this not be harnessed more effectively at present to help individual fund raising in the regions? We might have on file all the names of regional donors so that Society helpers within the regions know more about the individual donors and pay them personal visits.'

'Can we get more by asking for money in kind? For service, advertising space, cars, or manufacturing facilities for our workers?'

'The activity of the shops has not been easy to fit in with the Society at a local level. What can be done to better the liaison between shops and groups, or better still shops and centres, so that the work of both can be made more rewarding? And are we selling the right goods in the first place—could we not have more goods manufactured by spastics in our shops?'

Priorities

'These are the sort of priorities which I shall be looking at in an organisational sense, more than attempting to invent some new method of fund raising. So much can be done by doing what we are doing more efficiently rather than seeking new activities.'

Mr Brophy and his wife, Sarah, have four children, James, 11, Jonathan, nine, Lucy, four, and Thomas, aged two. They live in Sussex and when he gets the opportunity, Mr Brophy's hobby is sailing off the South Coast.

Liz Cook

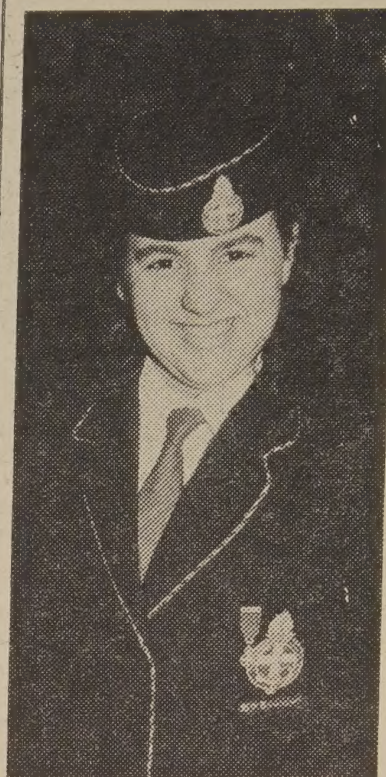
Biggest-ever residential project in Scotland

A TENDER of £431,143 has been accepted by the Executive Committee of the Scottish Council for Spastics for the first phase of a residential complex at Upper Springlands, Perth, to house physically-handicapped adults in semi-independent living. This will cover the construction of 24 flatlets and a work centre in what will ultimately be the largest scheme of its kind in Scotland.

When fully completed the project will consist of nearly 80 individual apartments, each equipped to fit the needs of the tenant, with work, community and recreational centres adjoining. The apartments will be grouped in units of up to 12, each of which will have its own dining and common rooms, laundry facilities and accommodation for resident care staff.

The Gannochy Trust has generously guaranteed £500,000 towards the cost of the scheme.

ENDURANCE AWARD FOR YOUNG LEADER KAREN



KAREN DEAN, of Warley, West Midlands, has won a very special award from the Girls' Brigade, to which she has belonged for six years.

Fifteen-year-old Karen, who is spastic, was presented with the Girls' Brigade Endurance Award at the annual parade service of

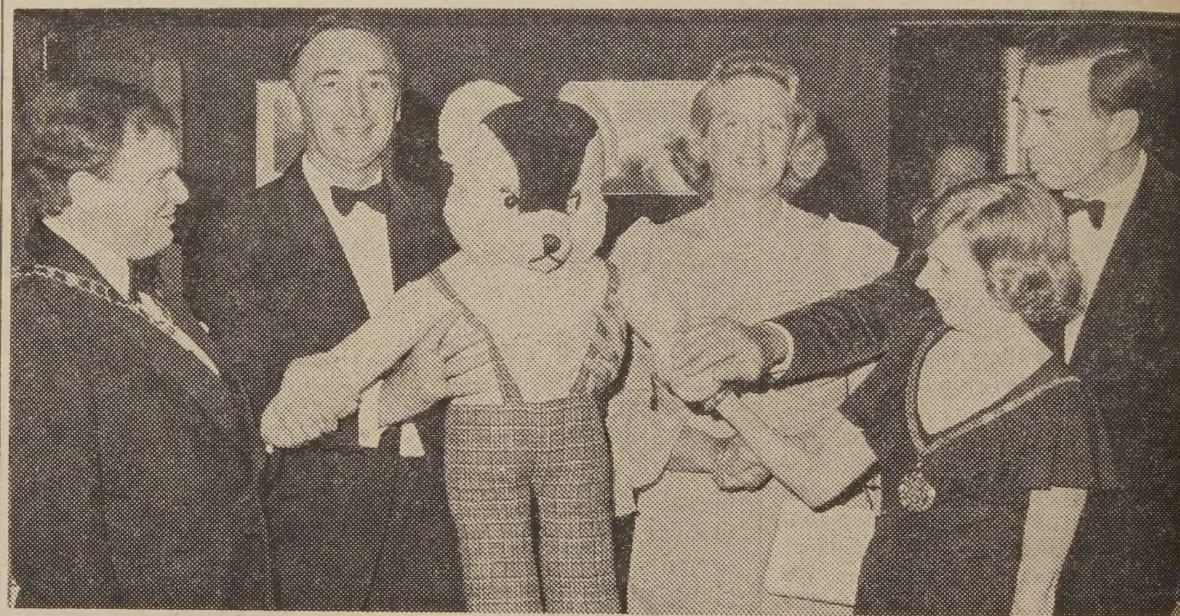
the Brigade in Birmingham. The award is given for courage and example in overcoming severe handicap or for prolonged suffering and has been presented on only a few occasions after consideration by the Brigade National Executive.

Karen, who attends Carlson House School for Spastics in Birmingham, recently passed her Grade 1 Young Leaders examination with the Brigade. Despite speech difficulties she managed to answer her oral questions and to give the drill commands correctly. She typed the written paper for the examination. She does drill by holding on to the waist of the girl in front. Although she sometimes uses a wheelchair, she generally leaves it outside when Brigade meetings are held.

Commented Karen, 'I wanted to be as normal as I could so that I could forget my disability.'

Miss Hazel Ward, Girls' Brigade District Commissioner, who presented the award, said 'Karen does not just take, she gives a great deal and is an asset to the company.'

Picture by courtesy of the Birmingham Post.



A SCOWLING teddy bear seemed to find life no picnic at the May Ball held by Thamesdown and District Spastics Association. But everybody else was enjoying the occasion—left to right, Councillor John Stevens, Mayor of Thamesdown; Mr Tony Long, Group Chairman; Mrs Peter Phillips, President; Mrs Mary Stevens and Mr Peter Phillips.

The event raised £500—twice last year's amount—which will go into a fund for a hydrotherapy pool for the handicapped at Crowdy's Hill School.

The bear was one of many prizes in a raffle which brought in £200 of the total.

Picture by courtesy of Wiltshire Newspapers, Swindon.

Lincoln group steams up for tenth success

THE Lincoln Spastics Society Show Committee really know how to get their principal fund raising event off the ground.

This year sees the 10th anniversary of the country-famed Lincolnshire Steam Spectacular which brings devotees of this ancient and somewhat noisy form of transport to the county showground on August 14-15.

This year's rally, however, features a modern mode of transport equally noisy and almost out of this world, for four of the RAF's best known aerial display teams are putting in an appearance. On the Saturday, the world-famous Red Arrows will be drawing the crowd's breath by their display, followed by the Falcons Parachute team. The next day it is the turn of The Poachers jet provosts to show off high-speed aerobatics and the RAF's entire Battle of

Britain Memorial Flight will give spectators the chance of seeing the service's last flying Lancaster bomber in action with Spitfires and Hurricanes.

The committee spokesman said: 'We are really taken aback by the quality and quantity of the display teams which the Ministry of Defence has made so readily available. It is beyond our wildest dreams.'

Back at ground level will be the steam engines, fairground organs and an old time fair. On Friday, 13th, as an appetiser, there will be a recital by the fairground organs in the centres of Lincoln, Grimsby and Scunthorpe.

The first Traction Engine and Organ rally attracted 14,000 people — last year's spectacular had a record 26,200 attendance, and the committee confidently expect to do even better this year. Almost £8,000 has been raised to aid Lincolnshire spastics.

Conference round-up

A CONFERENCE on 'Mental Handicap: Collaboration between Parents and Professionals,' is to be held at the King's Fund Centre, London, on July 15. Application forms from Mrs Joan Rush, Project Officer, King's Fund Centre, 24 Nutford Place, London W1H 6AN.

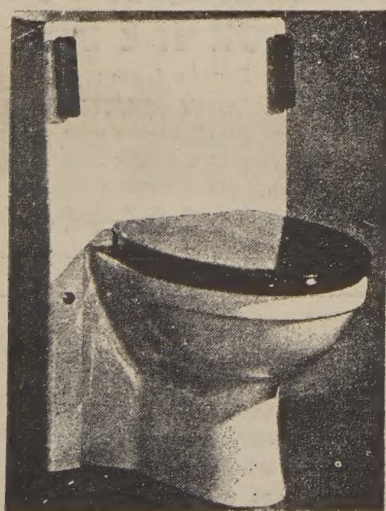
'INCONTINENCE in the Elderly' will be the subject of a one-day conference on October 6 at Birmingham Medical Institute, 36 Harborne Road, Birmingham 15. It will be organised jointly by the Department of Geriatrics, University of Birmingham, and the Disabled Living Foundation.

THIS year's Naidex convention (National Aids for the Disabled Exhibition) will be held at the Metropole Hotel, Brighton, from November 9-12. Details from Naidex Conventions Ltd, Temple House, 36 High Street, Sevenoaks, Kent TN13 1JG.

REHABILITATION International is holding its 13th World Congress at Tel Aviv, Israel, from June 13-20, 1976.

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SN June17

Press appeal to 'make friends with handicapped'

THE following article with its plea for people to come forward and make friends with the residents at the Society's adult house unit Hampton House, Northampton, appeared in the Northampton Chronicle and Echo — and had an immediate effect. "Now people know who we are, where we are, and what we do," said Warden Mr Reg Ingram last week. "Many individuals and groups of people are taking an interest in Hampton House and involving themselves with our activities."

The writer of the article is CYRIL HARTE who, as you will see on the front page of Spastics News has a special concern for the handicapped — and particularly his little foster son John.

We thank the Northampton Chronicle and Echo for permission to reprint the article and picture.

MOST people make their friends by going places where they meet others with similar interests, but in Northampton there are some people who are unable to do this and so have few friends.

They are the disabled residents of Hampton House, on the Lumbertubs Estate, run by The Spastics Society.

Hampton House is 'home' for 12 severely handicapped people, mostly teenagers—although eventually there will be double that number.

Most of the residents come from far afield — one is from Devon—while one or two have no family home at all to go to during holidays. A good many of their relatives live so far away as to make regular visits to Hampton House impossible. This is where friends come in.

A few people met at Hampton House recently and a 'Friends of Hampton House' was inaugurated.

The most pressing need is for friends who will help at weekends, say Mr and Mrs Reg Ingram, the wardens.

They are normal human beings who are unfortunate enough to have to rely on other people for a great deal of things. Some have such great physical handicaps that they are unable to even feed themselves. Some cannot speak and most are unable to walk.

'But they have the same need of friends as anyone else. Only they cannot go out to find them so we would like people to come to them.'

Handicapped people do not want to be segregated from the rest of the community and what the new Friends of Hampton House would like is for able-bodied friends to 'adopt' a handicapped person.

They are asking for people to take them out shopping, to concerts, theatres, cinemas, discos and, perhaps, invite them to their homes for a few hours—again particularly at the weekends.

Having been involved with handicapped people myself I

find there is a feeling of apprehension about the handicapped among the general public.

They see the handicap rather than the person inside the handicap—a being who has the same hopes, the same emotions and needs as they have.

It is not easy, physically or in any other way, to care for handicapped people and you may well wonder what has hit you if you are 'thrown in at the deep end.' But it has its rewards.



SOME of the residents in one of the lounges at Hampton House, Northampton. As a result of the article in the Northampton Chronicle and Echo more outsiders are coming forward as 'friends' of the residents.

Spastic writer says 'We feel we need to give something in return'

WITH Mr Harte's appeal the Chronicle and Echo published a touching article written by a severely handicapped spastic man who is resident at another home in Northampton. He calls it 'Random Thoughts.'

★ ★ ★
Is life boring for a handicapped person, or can he have a full and interesting existence which includes laughter and tears, deep human relationship and a wide interest in the world at large?

The answer to this question lies to a great degree with the individual person. Some of

the most physically handicapped people I have known had lives full of mental activity. On the other hand others who are very lightly incapacitated find time lies heavy on their hands and they spend a good part of their days listening to pop music, watching TV every evening and thinking how wonderful everything would be if they were like other folk.

Of course, most of this is also true of people who are not handicapped.

As to the question of human

relationships, I have been told that I and spastics in general are much too emotional. This, it must be admitted, is a fact. We do get too attached to people, but I don't agree, this is simply because we are so dependent on them.

We have a great feeling that we need to give something to our friends instead of taking all the time. This does not mean only in material things, we need to have and return love and affection just as much, if not more than any other person. This is being understood by more and more people, especially by the younger generation.

Years ago the attitude of the general public was vastly different. Many of them thought that if a person was handicapped physically he was retarded every other way, too.

To these people spastics never thought of sex or marriage. Should two handicapped people get married it really made the headlines. Now it is being increasingly realised that we are ordinary people with handicaps, although our handicaps are sure to influence our attitude to life in a greater or lesser degree.

For instance, a friend of mine says he often wonders how different my character and whole outlook on life would have been if I had not been a spastic person.

My interest in sport, besides giving me much enjoyment has been the beginning of many friendships. Another of my hobbies is chess. Although I shall never be a good player,

this game continues to give me many enthralling hours and of course whatever one's age and standard of play, one is always learning. Chess is also a game that we can play on equal terms with anyone.

What other things make life worthwhile? A sense of humour—by this I do not mean only our own abilities to see the funny side of things, but also of those around us. What a difference it makes if those who care for us do so with a smile and a joke! In fact nobody can care for spastics properly unless he or she enjoys doing so.

Now to return to the question at the beginning of this article. After over 40 years of spasticity (lovely word that) I honestly admit that I have not found the answers. I still 'see through a glass darkly.' There are times when life is just great, while at other periods it is just a hard slog but this is so for most people.

Can religion, and Christianity in particular, give any help or shed any light on the solution to the problem? This is a question each of us has to answer for himself. In my opinion, if this life on earth is the beginning and end of everything, our existence just does not make sense.

On the other hand, if this world is just the first faltering footstep towards an ultimate goal, if, as I believe, there is a God who has a plan for each one of us, this life with its difficulties, frustrations, joys and laughter is truly worth living, but will only reach its fulfilment in eternity.

The bargain hunters



BARGAIN-hunting at a good-as-new sale held by the Friends of Ingfield Manor, the Society's school in Sussex. The event, which attracted over 400 people, raised £270.

Picture by courtesy of R. Kipps, Horsham.

Guide to Norway for disabled

DISABLED people planning holidays in Scandinavia this year will find a new guide to Norway useful.

'Access in Norway' is aimed at the traveller in a wheelchair or who has difficulty in walking. It covers most of the southern part of Norway, including Oslo, Bergen, Voss and Kristiansand.

The preliminary survey was carried out by a mixed group of handicapped and able-bodied students from the Hephaistos School near Reading and St Paul's School, Barnes, South West London, during a two-week tour of Norway last summer. Nearly half of the 20-strong group were in wheelchairs and so the party was particularly looking for cheap, ground-floor accommodation.

They saw the Kon-Tiki and

the Oslo Sculpture Park, went up in the funicular at Bergen and swam in the sea and mountain lakes.

The guide gives details of both sea and air travel, with access notes on airports, harbours and railway stations, mentioning steps, distances and situation of toilets. Possible accommodation for the disabled traveller in several different towns and resorts is described. There is advice on insurance, the Reciprocal Health Agreement and details about Norwegian organisations for the disabled.

'Access in Norway' is available free of charge from the Norwegian National Tourist Office, 20 Pall Mall, London, SW1.

Professional praise for book on integration

THE book, 'Integration of Handicapped Children in Society,' published by Routledge and Keegan Paul, in association with The Spastics Society, has been well reviewed in the professional journals.

It is a collection of 22 articles on the theme of integration by various experts in the field of disability. Contributors include teachers, architects, psychologists, doctors and social workers from Britain and overseas.

There are descriptions of pioneer schemes for integrating handicapped children into ordinary schools and others stressing the advantages of special education, with involvement in the social life of the community.

The consumer's viewpoint is put by a young cerebral palsied woman who fought successfully for university education and, with a degree in psychology, is now warden of a hostel in Birmingham.

'Integration of Handicapped Children in Society,' edited by James Loring and Graham Burn, is published by Routledge and Keegan Paul at £3.50. Copies may be purchased from The Spastics Society's bookshop at 12 Park Crescent, London, W1N 4EQ.

If you plan to fly from Gatwick...

THE British Airports Authority has published a new 12-page leaflet outlining facilities for disabled passengers at Gatwick Airport. It was prepared in conjunction with the Joint Committee on Mobility for the Disabled.

The leaflet describes the layout of the terminal and gives plans showing the location of specialised facilities. It advises on general airline procedure and stresses that disabled passengers planning to travel should explain their needs to the airline or tour operator when booking the flight.

Copies of the leaflet may be obtained from: The Terminal Manager, British Airports Authority, Gatwick Airport—London, Horley, Surrey RH6 0NP.

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Literary contest prizewinners



JAMES LORING, Director of The Spastics Society, said of Malcolm Porteous's story of his dog: 'It has a "Catcher in the rye" quality.' Full story about the winners of the Society's literary contest on Page 7.



ANN TROTMAN and Lady Wilson are old friends, for it is the second time Ann has won a prize in the literary contest.



RUTH BAILEY was in hospital when she heard she was a winner, and it did not look as if she could receive her prize personally until the British Red Cross saved the day for her, laying on two ambulances. Rosemary Ann Sisson told her: 'I recognised you from your story!'



CHRISTOPHER NYKIEL'S descriptive writing was praised by Rosemary Ann Sisson. Many of the manuscripts were typed—'It means that you don't have preconceived ideas but hand-writing is a great hint to character.'



AFTER the prizegiving it was Lady Wilson's turn to receive a present—John Wilkinson had brought her an LP, 'A Song for All Seasons.'



TWO poetesses chat over a cup of tea: Lady Wilson with Elizabeth Sorrell. Earlier Elizabeth had received a letter of congratulations from Lord Weymouth whose insignia she designed for his Kingdom of Wessex Campaign.



RAYMOND BUNCE receives his prize from Pat Boxall, who said she would not have known the entrants were handicapped from the standard of their work. Raymond now has a book with a literary agent.



MAJA MACZEK and John Wilkinson enjoy a chat with the man who gave them each a first prize for their entries, Gordon Farnsworth, Editor of the Bristol Evening Post, who said: 'I was very impressed with the zest for living and imaginative quality of the work.'



MASON WOOD won a smile from Lady Wilson with his poem, 'Iced Fish,' about the trawlers. 'Very topical!' she grinned. Mason is a committee member of the North London Spastics Association. The female poetry prize went to another group member, Elizabeth Sorrell—'It's just as well we both won,' laughed Mason.